Feeling uncertain, overwhelmed, anxious during COVID?

Here to talk | Here to listen | Here to support

We provide . . .
- Information
- Education
- Emotional support
- Links to resources

We can provide virtual presentations on:
- Recognizing common reactions to COVID
- Building coping skills for the recovery process
- Managing disaster-related stress
- Identifying and meeting children’s needs

Speak with one of our experienced counselors
Dial 311

Free, anonymous & confidential
A program of the NYS Office of Mental Health
Funded by FEMA